



**STICH Supper Club**  
Thursdays 4:30 to 6:00pm

NO CHARGE Donations gratefully accepted



**All Welcome**  
**Trinity United Church**  
Corner of Church and King St. in Ingersoll



**STICH SUPPER CLUB**





***STICH welcomes anyone in need of a warm meal, groceries, or simply the comfort and companionship of sharing time with others.***

### **About STICH Supper Club**

STICH Supper Club (short for “[Stronger Together Ingersoll Community Harvest](#)”) is a grassroots, community-based initiative founded in 2015 by concerned residents of Ingersoll who recognized a growing need for food security in the town.

Operating out of the hall at Trinity United Church (118 Church Street, Ingersoll), STICH provides a welcoming “community kitchen” space where people can come together for a hot, nutritious meal, camaraderie, and connection.

Every Thursday evening from 4:30–6:00 PM, STICH hosts its Supper Club, offering a variety of home-style dishes prepared by volunteers. Guests also have access to STICH’s Sharing Stage, a free grocery table where individuals and families in need can pick up essential food items to take home. The philosophy behind STICH is simple: build a place “*run by the community, for the community*”—a welcoming space where everyone can contribute, whether cooking, serving, cleaning, or simply coming together at the table.



### For People Who Are Food-Insecure or in Need

If you or someone you know is facing food insecurity, hunger, or challenging circumstances, STICH Supper Club welcomes you! Their weekly meals are open to everyone, no questions asked, with no documentation or registration required.

STICH offers more than just a meal: it provides a respectful, inclusive environment with warm food, friendly faces, and a sense of community. With generous contributions from local donors and volunteer support, meals remain free.

Ultimately, STICH aims to ensure that no one in Ingersoll goes hungry by offering a reliable weekly meal in a safe and welcoming space.

### For People Who'd Like to Help, Donate or Volunteer

STICH runs because of the generosity and time of caring community members, and you can be part of it! There are multiple ways to contribute:

- Volunteer your time: STICH regularly seeks volunteers for cooking, meal preparation, serving, cleanup, dishwashing, kitchen work, food rescue and distribution (even light maintenance or helping with dessert tables). Tasks vary depending on what you'd like to tackle, from early-afternoon prep to evening cleanup.
- Donate funds or groceries: As a non-profit, STICH relies on donations (food items, fresh produce, baking supplies, etc.) and financial support from generous locals, businesses, and community groups, which helps them keep meals free and accessible.
- Support food rescue efforts: STICH is involved in food-rescue and redistribution efforts by collecting surplus food and re-directing it as meals to people in need in Ingersoll and across Oxford County. Contributions of surplus food or logistical support (like delivery or sorting) can make a big difference.

If you're interested, you can sign up on their website's Volunteer page (sign-up deadline is typically by Wednesday each week for volunteer scheduling) or reach out by email to get more information.

## Soll SUPPORT SERIES

### STICH Supper Club

Trinity United Church

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STICH Supper Club



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